**My Learning Profile**

**Learning style**

* We all have different learning styles.
* We all use our 5 senses, seeing, hearing, tasting and doing. Messages are sent to the brain constantly from these senses.
* We are kinaesthetic, visual and auditory learners or a mixture of these.
* Visual learners need to **see** it to know it. They actually think in images or pictures or see words in their heads.
* Auditory learners prefer to get information by listening. They need to **hear** it to know it.
* Kinaesthetic learners prefer hands-on learning. They need to **do** it to know it.
* We use all the learning styles to some degree, but most of us have a preferred one.

**Left brain/ Right brain**

* The two hemispheres have different functions. More and more is being discovered about the brain. Brain scans show how different parts of the brain are being used for different functions.
* The left hemisphere operates the right side of the brain and the right hemisphere operates the left side of the brain.
* The two hemispheres seem to have two different thinking functions and specialise in certain skills.
* The left is regarded as the one we use for spoken and written language, number and scientific skills and involves our conscious thinking skills.
* The right is regarded as creative, artistic, emotional, musical side and involves our subconscious thinking skills.
* There must be a unity between the two sides. Both sides work together or should do.
* **It is important to develop both sides of the brain because both are necessary to learn well.**

*The issue of left and right dominance (and learning styles) is controversial.*